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thenewhammag

issue 212 // 21 January – 4 February 2011



Lifting the lid

New recycling bins (p8)

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story?

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21 January 2011 // **issue 212**



In this issue we reveal new bins which will make recycling easier for residents (p8).

If you're looking for a new job or a change of career take inspiration from our 'outstanding' childminder (p10) or read about how Workplace's free retail training

courses can help you get the skills you need to bag a job at Westfield's Stratford City (p12).

There's still time to sign up for the Newham London Run. Bisi Imafidon explains how easy it is to make tracks on page 14.

Cllr Alec Kellaway
Executive Member for
Business and Skills

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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your Newham Mag
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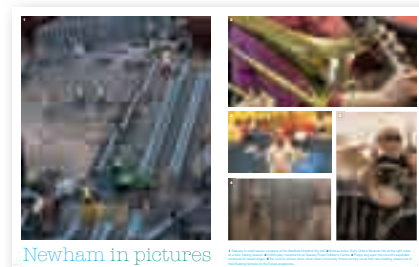
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To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

IN BRIEF //

Pamper yourself

Age UK Newham invite all residents aged over 50 to a free pampering day on Friday 28 January, from 10am-3.30pm, at Newham Town Hall, Barking Road, E6.

Indulge yourself with a mini manicure, chair-based massage and food tasting. There'll be free health MOTs on offer and workshops on nutrition will show you how to eat well. If you're a diabetic there will be advice on how to manage your illness, and you can find out how easy it is to get into shape with exercise trials.

Light refreshments will be provided.

Warning to tobacco sellers

A Stratford newsagent has been fined a total of £275 after a 15-year-old undercover test purchaser was illegally sold cigarettes.

Kirit Patel, the owner of Harrison's News, Plaistow Road, E15, received the fine at Stratford Magistrates' Court on 17 December 2010.

It is illegal to sell cigarettes, cigarette papers or any other tobacco product to anyone aged under 18. It is also illegal to sell single cigarettes.

Newham Council's trading standards team, working in partnership with Newham Met Police, regularly carry out underage test purchases on age-restricted products.

Executive member for crime and anti-social behaviour, Councillor Unmesh Desai, said: "These laws are in place to protect young people from harm and we will prosecute anyone who is found selling age restricted goods, such as cigarettes, to underage people."

School boost is top class

Deputy Mayor Councillor Andrew Baikie was joined by Newham Council chief executive Kim Bromley-Derry to help open the first phase of the revamped Lister Community School in Plaistow.

Former pupils also attended the ceremony, which featured live music and dance performances from students.

Lister is one of eight schools benefiting from the Building Schools for the Future programme. New facilities include a dedicated dance space and an indoor play area. There are also dedicated arts classrooms adorned with pupils' work.

Cllr Baikie said: "The redevelopment of the site has enabled Lister School to continue to deliver its programme of fully inclusive education with particular provision for students with hearing impairment.

"The transformations made at Lister will not only enhance the lives of the pupils but also of the local community."



(L-r) Kim Bromley-Derry, Cllr Baikie, chair of governors David Wood and head teacher Martin Buck

United in Games joy

Mayor Sir Robin Wales welcomed youngsters and adults from Barnsley when they saw their local football team travel to play West Ham United FC in the FA Cup.

The visit was arranged as part of the Newham-Barnsley partnership, set up in 2008 to create sporting and cultural links between the two councils ahead of the 2012 Games.

Children from Barnsley's Greenacre School and youngsters from John F. Kennedy School in Stratford enjoyed half-time sporting activities. They were joined by members of Barnsley's Fit Reds scheme which is using sport to encourage health and fitness.

Sir Robin said: "The Newham-Barnsley Partnership is a unique approach to bring our two communities together and use the excitement of the Olympic Games and Paralympic Games to inspire children and adults in Newham, Barnsley and across the country to be fit and active."



Sir Robin welcomes pupils from John F. Kennedy and Greenacre Schools and the Fit Reds project



News

Remembering the Holocaust

Newham councillors will be joining children at Essex Primary School to mark National Holocaust Memorial Day.

On Wednesday 26 January children at the school in Manor Park and others from across the borough will be lighting candles and hearing from a child survivor. There will also be workshops on self-esteem and other themes associated with the Holocaust.

Councillor Neil Wilson, executive member for equalities and social inclusion, said: "We need to remember what happened during the Holocaust, and through shared values and tolerance make sure that something like it must never happen again."



Have your say on priorities

Residents are invited to tell Mayor Sir Robin Wales what their priorities are for the borough during Newham Together sessions which start on 22 January.

Newham has been more harshly affected by the coalition government's spending review than almost any other London borough. The council's priority continues to be meeting residents' needs.

To say what matters most to you and to understand how council funding has been affected by the national cuts, visit any one of the sessions. The first takes place from 11am to 12noon at the Lister Room, Newham Town Hall, Barking Road, East Ham. For details of other sessions turn to page 30 or visit www.newham.gov.uk



Mayor
Sir Robin
Wales

Housing cash cheer

The Network Housing Group has secured £5.65m of funding from the Homes and Community Agency and Newham Council to provide homes for families under its purchase and repair programme.

More than 100 homes have been provided under the programme in which Network take advantage of low house prices to buy three and four bedroom family properties on the open market.

It carries out essential renovations and improvements to bring the homes up to industry standards before they become available to residents under Newham's Quality Homes programme.

Twenty new homes will be ready for occupation by March. They will be managed by the Mitali Housing Association, which is part of Network Housing Group.

Councillor Andrew Baikie, executive member for housing and customer services, said: "We will continue to work with developers and registered social landlords to deliver affordable housing and routes into home ownership, which puts the aspirations of local people first."



Cllr Ian Corbett (centre) and Network assistant development director Elaine Parker (centre right) visit one family in their new home

Saving for a better future

As you read this column, Newham Together sessions are in full swing. At these meetings I will explain our response to the Government's cuts and I hope you will come along and tell me what you think about our plans and what matters most to you.

You can find the full details of these sessions elsewhere in this issue of the Newham Mag and I look forward to seeing you there.

The Government's spending cuts have targeted some councils more than others. We have been worse affected than most. Indeed poorer areas have had bigger cuts than wealthier areas.

"It will not be easy but my main priority is to help all of us get through very tough financial times and keep our focus on what's best for our residents."

We now estimate that Newham is set to lose £84m over the next four years. In the first year alone we are losing almost £44m – that is 14 per cent of our government grant. Meanwhile leafy Richmond sees less than 1 per cent of its grant cut (only £4.6m). Don't let anybody tell you these cuts are fair or that we are all in it together. We're not.

Wealthy areas will escape the worst of the cuts.

Newham will be affected for some time to come. These cuts are not a one off hit. We know that over the next two years we will lose £1 in every £5 that the Government gave us to invest in Newham last year. But in subsequent years the cuts will continue and I believe that with this Government there is a real chance that there is more to come.

Government grant is more important here as less of our money for services comes from Council Tax than in other councils. It will not be easy but my main priority is to help all of us get through very tough financial times and keep our focus on what's best for our residents.

The good news is that we have been preparing for this. Over the past few years we have saved millions by running our services more efficiently, allowing us to re-invest the money in things which residents tell us is important. The council's move of some of its staff to Newham Dockside has been the biggest single contributor to these savings.

Council staff had been spread across more than 20 buildings around the borough. Many were old and expensive to maintain or lease and not fit for purpose. All required expensive improvement to keep them in a useable state.

Moving from these buildings clearly reduces our running costs. Being in



Mayor's view

Newham Together

one building has also reduced the amount we need to spend on administration activities and this has meant we save even more.

Of the buildings we have vacated, some have been sold or let and for some we are no longer paying rent. Decisions continue to be made about others. It is important that we get the maximum value from our property assets so we will not sell or rent if values are low – it is important to invest in Newham's future.

However, the biggest saving comes from everybody working in the same place. If you have ever worked in an office you know that having people sitting close to each other can lead to lots of savings. We will continue to work on doing things in even better ways and this will help us deal with some of the cuts.

However, although we will do everything we can to reduce costs and protect what matters to residents we will still have to do some difficult things. I will discuss these at the Newham Together meetings and will cover some of the issues in a future article. I hope you will be able to come to one of the meetings so we can talk about these difficult issues face to face.

Stadium legacy has to be the goal

In partnership with West Ham United FC we have now submitted our final bid to run the Olympic Stadium after the 2012 Games.

We want the stadium to stay as a centre of sport, education and culture. It will be adapted to a 60,000 capacity for football and athletics alongside other major sports, concerts and community space.

We believe our offer is the best-ever legacy for an Olympic Stadium. It would generate much-needed jobs for our people and make for a healthier area by increasing sports and physical

activity. It is a great deal for Newham residents.

The council has committed to making a loan towards the Olympic Stadium project. It will not cost Newham Council Tax payers a penny – indeed we will make money on the deal, which will be invested in our community.

I can't say much more because of the legal and confidentiality restrictions around the bid process at the moment. However, in a future issue of the magazine I will cover the deal more fully.



The Olympic Stadium

with Sir Robin Wales

LET'S RECYCLE MORE

In the last issue of the *Newham Mag* we told you about changes we're making to improve your recycling service. From now until mid-March residents who have the space will receive a recycling bin, making it easier to recycle more of their waste.

We'll be visiting nearly 80,000 properties advising residents about the improved recycling service, and what they can put into their new recycling bin, as well as how to reduce the overall amount of waste they produce. All staff will carry ID cards.

Once you receive your recycling bin, which has an orange lid, you can stop using orange recycling bags.

Separating your waste and recycling

Your rubbish bin will now be collected in the **morning** and your recycling collected in the **afternoon/evening** of the same day, for all residents.

Until you receive your new bin please continue using orange recycling bags. Place bags, containing recyclable waste only, **next** to your rubbish bin, **not inside**. Do not place non-recyclable waste next to the bin.

The recycling bins are fitted with sensors to help us measure where there are high and low levels of recycling. This information will only be used to help residents who are recycling small amounts to recycle more. We'll be able to provide face-to-face support and guidance.

If you don't have room for a new recycling bin or live in a high rise flat you should carry on recycling using orange bags. These can no longer be collected from libraries or Local Service Centres but will continue to be delivered to residents.



It's really important that your new recycling bin is only used for recyclable material. This includes:

Food and drink cans



YES please

- ✓ Food tins and cans*
- ✓ Drink cans and tins*
- ✓ Aluminium and steel cans*
- ✓ Metal lids

NO thank you

- ✗ Glass – take to your nearest recycling bank
- ✗ Aerosols and paint tins**
- ✗ Hypodermic needles or other sharp objects: dispose of in a sharps box
- ✗ All other metals**

Mixed paper and card



- ✓ Newspapers and magazines
- ✓ Brochures and leaflets
- ✓ Telephone directories
- ✓ Junk mail and envelopes
- ✓ Other white household paper
- ✓ **All cardboard** — new service

- ✗ Juice cartons**

Plastic bottles



- ✓ Plastic squash bottles*
- ✓ Fizzy drink and water bottles*
- ✓ Plastic detergent and shampoo bottles*
- ✓ Plastic milk bottles*

- ✗ Margarine tubs**
- ✗ Yoghurt pots and lids**
- ✗ Cling film**
- ✗ Plastic meat trays**
- ✗ Polystyrene**

* Please rinse and squash

** Place in rubbish bin

Residents in flats will benefit from improved recycling facilities from the summer when special recycling bins will be installed in communal areas. Look out for further updates later in the year.

Recycling is about to get a whole lot easier



**Your improved
recycling service
starts with your
new recycling bin
being delivered
from 24 January
to mid March.**

020 8430 2000

[www.newham.gov.uk/
recycle](http://www.newham.gov.uk/recycle)

Minding **your own business**

Devoting your days to under-fives is no easy task, but that's what Lesley Palmer does in her role as Newham's first Outstanding-rated childminder. What began as a favour to a friend has blossomed into a full-time career and, in Lesley's own words, "a way of life". She talked to the *Newham Mag* about her labour of love – and didn't once let her lively young ones out of her sight!

Training up

Over her thirty years in the job, Lesley has seen a lot of change. When she started out, registration with the local authority wasn't necessary – now it's compulsory. She explains: "It gives parents peace of mind. I've also had a lot of training as a result; I've got a level 4 qualification in early years care."

"The training gives you status, not to mention knowledge. It opens your eyes to other ways of doing things and it's helped me to move with the times. I used to look at childminding as a way to stay at home with my children; now it's a career. Training opens doorways."

Nursery or childminder?

Lesley values the personal touch: "Childminders concentrate on nurturing as well as educating. I believe that young babies benefit from the home environment and a smaller group where the adult in charge can devote more individual time to them. As they play and socialise they pick up the skills they need for starting school."

Job satisfaction

Lesley has never looked back to her old career as an export clerk. She says: "Childminding gives me the freedom to do what I want to do. I can take the children out and enjoy the outdoors with them. I just really love what I'm doing!"

Could it be for you?

"You need to like children and have patience, understanding and the ability to work in partnership with parents, local authorities and other bodies," says Lesley. "Childminding is a rewarding and flexible job that allows you to work from home, making it a great choice if you are a parent yourself."

For all you need to know about a career in childminding, go to www.newham.gov.uk and search for "childminding" or call freephone 0800 074 1017.

Childminder
Lesley Palmer





Newham Together: facing the cuts as one

During the next four years our funding from central government will be cut by approximately £75m. Come and speak with the Mayor, Sir Robin Wales, to understand how council funding has been affected by the national cuts and tell him what services you value.

You can share your opinions at the following Newham Together sessions:

Saturday 22 January

- 11am-12noon, Lister Room, Newham Town Hall, Barking Road E6

Monday 24 January

- 9-10am, Forest Gate Youth Zone, 1 Woodford Road E7
- 1-2pm, Canning Town Library, Barking Road E16
- 4-5pm, Globe Library, 1 Kingsford Way E6
- 7-8pm, Britannia Village Hall, 65 Evelyn Road E16

Monday 31 January

- 6.30-7.30pm, Council Chamber, Old Town Hall Stratford, Broadway E15.

Please arrive early to avoid disappointment.

www.newham.gov.uk/newhamtogether

**Newham
Together**

Bag a job **with Workplace**

For those of us who prefer a shopping marathon to the 100m sprint, the most exciting development in the borough is Westfield Stratford City. The huge shopping centre will bring some of the biggest household names to Newham - but it's not just the chance to buy that is getting people talking: now residents can increase their opportunities of working for the best by taking part in a free retail skills training course.

When Westfield Stratford City opens its doors, thousands of retail jobs will become available right on residents' doorsteps, making now the best time to start training.

Westfield estimates that when they open in September there will be 8,500 job opportunities. Companies like John Lewis and Marks and Spencer will be looking for dedicated and enthusiastic staff, and this training could give you the edge over the rest.

Called Retail Works, the fast, fun and free course gives you a recognised qualification that gets you ready for a career in retail.

Over two weeks you will learn how to:

- > improve your communication skills
- > create a positive impression
- > deal effectively with difficult situations
- > exceed customer expectations
- > keep customers coming back for more and create word of mouth recommendations
- > improve knowledge of local facilities and services.

Do you qualify?

The course is open to Newham residents who are eligible to work and have access to public funds. It requires a commitment of at least two weeks of training and some preparation sessions with the Workplace team. You will also need to

prepare a written statement explaining why you're suitable, which will form part of an assessment by Workplace advisors.

If you're enthusiastic and motivated to get a job in retail, would love to work with people and take pride in your customer service then this course is for you!

To find out more call Workplace on
020 8430 4331 or visit
www.newhamworkplace.com



Newham London

**SIGN
UP
NOW!**

Newham London *Run2011*

Sunday 27 March

Sign up now for your place in the second
10k Newham London Run through Stratford High Street,
The Greenway, Olympic Park, West Ham Park and Stratford Park
Open to runners of all abilities aged 15 and over

Enter now at
www.newhamlondonrun.org

*Brought to you by the
Mayor of Newham*



Get busy with Bisi

Part of a pioneering group bringing running sessions to Newham, Bisi talks about getting the running bug, fighting belly flab and why everyone should sign up to the Newham London Run.

When did you first get into running?

I did my first 5k run in 1999. I'd just had kids and I wanted to get fit. There was a group of about 12 girls and we were like: "ok, let's see

how our fitness improves".

After I'd done the 5k, I felt like I was on such a high. I'd never done anything like it before, I wasn't into fitness or anything at school, but after that I was just hooked.

How did you get involved with Run in England (RiE)?

In 2005 I joined East End Roadrunners because I wanted to improve my running

and they were looking for some coaching assistants. I did my Level 1 exam and then last year RiE started looking for people to set up running groups in Newham, particularly for people that are totally new to running or wanted to use running to get fit. I finished my course in February and set up my first group in March last year.

> WORKING LIVES

Have you seen members' fitness levels improve?

My members did a 5k for Breast Cancer in October last year. At the start people would take on the 400m track and run a bit, walk a bit and eventually they'd be able to do one complete 400m circuit. By the time of the race they were able to run the whole 5k. Members of the group are getting slimmer too, one of the women's children said, 'Mummy, your belly doesn't wobble anymore!' So that was nice.

Will RiN members be taking part in the Newham London Run 2011?

I'm encouraging every one of my members to enter the run; we're using that as a real target this year. The route's awesome – nice and flat. If you start off slow, train regularly and don't increase your mileage too quickly, anybody can do it. The RiE groups are a good way in and you'll be surprised how quickly the time goes.

How did you feel to win the Run in England: London Leader of the Year award?

I was absolutely gobsmacked and very proud. I just do what I do and the feedback I get is like a bonus really. There are quite a lot of leaders in London – there are five in Newham alone – so I was up against a lot of competition. One of my members said I'm fun but fair. I don't take it too seriously, I make people work hard but we have a joke and a laugh while we're doing it.

A teaching assistant at Plaistow Primary School by day and an award winning running coach by night, Bisi Imafidon doesn't let the grass grow under her feet.

Were there any running clubs in Newham before RiE?

There was East End Roadrunners but that's a group affiliated with RiE. So no, there wasn't anything else where groups could get together. It's really a new thing for the borough and it's been very popular. There are now nine groups meeting every week and about 100 members who run regularly.

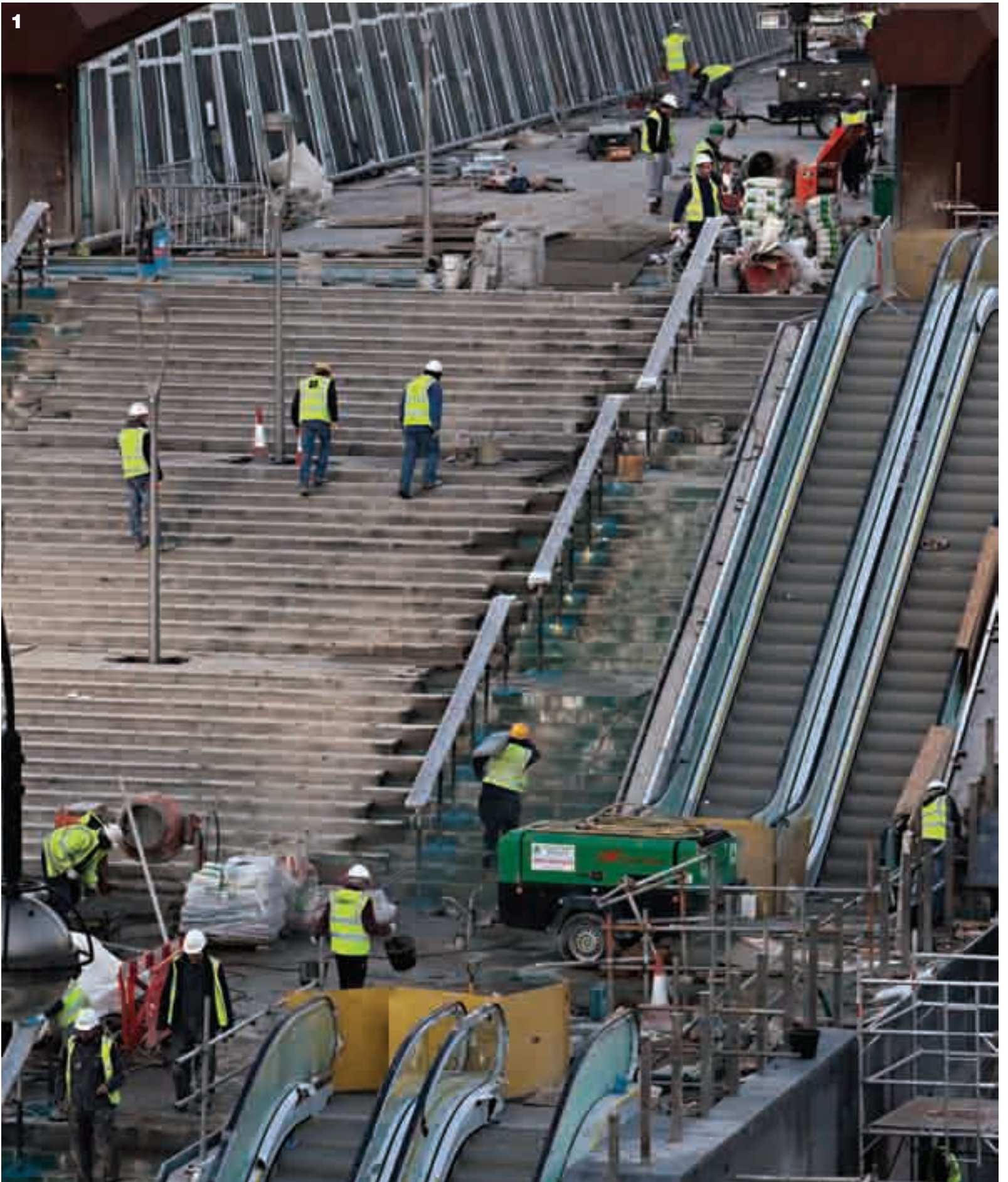
What do you do at your sessions?

The sessions are for adults of all abilities. We start with a warm-up, then drills to loosen up the muscles, then you have a main session which might be focused on speed or endurance – but we try and keep it fun – and I finish with a team game or relay. Every week's different. They're working hard but they're having fun at the same time.

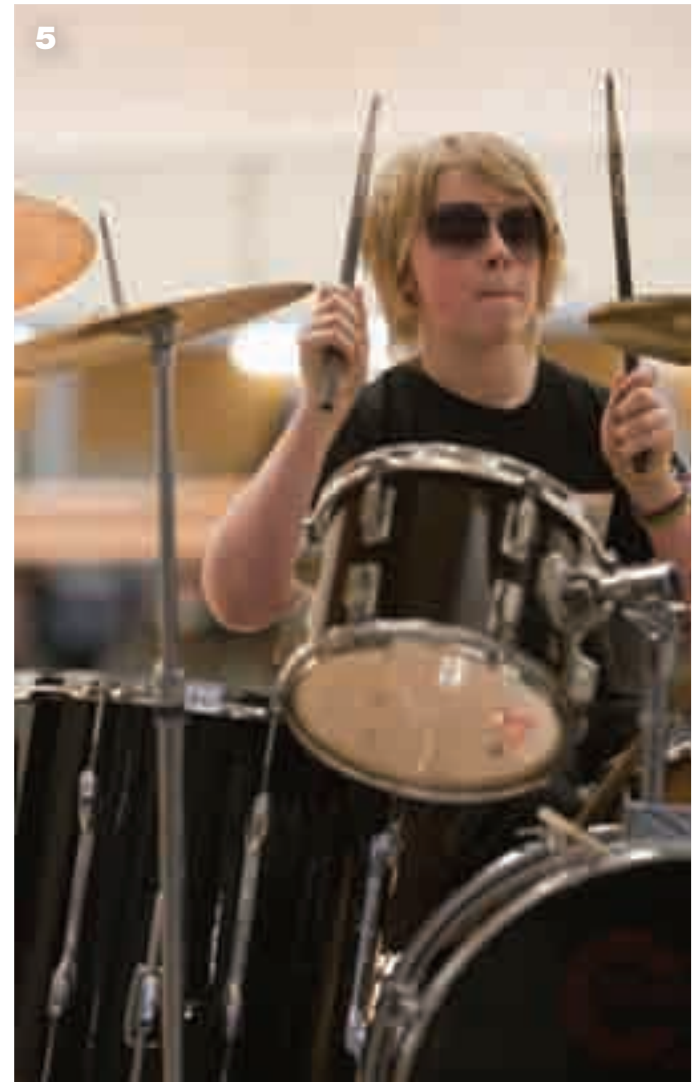
Izzy whizzy – join Bisi?

For full details of all Run in England sessions, turn to page 29. To book your place on the 10k Newham London Run, which takes place on Sunday 27 March, visit www.newhamlondonrun.org before Sunday 6 March to sign up.

1



Newham in pictures



1 Stairway to retail heaven: progress at the Westfield Stratford City site. **2** Bold as brass: Every Child a Musician hits all the right notes at a tutor training session. **3** Child's play: colourful fun at Deanery Road Children's Centre, Stratford. **4** Puppy dog eyes: the council's expanded enclosure for seized dogs. **5** Too cool for school: drum roll at Lister Community School, Plaistow as they unveil their new building, phase one of their Building Schools for the Future programme.



Home delivery

Since Newham University Hospital NHS Trust introduced their homebirth team a little over a year ago, mums-to-be in Newham now have more choice about where they give birth.

Anke Bauer gave birth to her daughter Maria at home last year. Having had her first child, Elias, in hospital she was keen to experience the benefits of having her second child in familiar and comfortable surroundings.

Anke said: "Having a homebirth was an amazing experience. It felt really safe and I was not afraid, which helped me to relax, forget about my worries and just let my body do the work. This led to strong contractions, quick labour and the 'no interventions birth' I had hoped for."

"It felt really safe and I was not afraid, which helped me to relax, forget about my worries and just let my body do the work."

For Anke, another reason for opting to give birth at home was the pregnancy care package. Anke explained: "To be cared for by the same midwife during pregnancy, birth and postnatal care is fantastic.

"Knowing each other before the birth

made it easier to communicate when I was in labour. I could experience labour in peace without having to get to know a stranger who might not have understood my needs.

"I think that this continuous relationship can prevent postnatal problems like depression, as the mother is more likely to open up and share how she feels and really feel supported by someone she knows quite well."

It wasn't only Anke who benefited from a homebirth. Her partner got to know the midwife during pregnancy and all antenatal care was provided at home, which was convenient and stress-free for Anke.

Anke's son Elias also attended antenatal checks. Anke said being more involved in the pregnancy helped Elias with the mental preparation for the arrival of his baby sister. She added: "The fact that I was around for Elias and hadn't gone away to return with a baby eased the transition for him and

helped him to build a positive relationship with Maria from the start."

If you'd like to find out more about homebirths come along to a meeting on Tuesday 27 January from 12noon-2pm at the Freemasons Road Midwifery Centre, Freemasons Road, E16, or call the maternity helpline from 10am-8pm on 020 8090 9999.



Anke Bauer with children Elias and Maria and Elaine Carter, homebirth team midwife

Pampering day

For men and women over 50

Explore what's good for you inside and out

Visit the tent for workshops on diabetes management, assessments and advice from professionals.



Enjoy a manicure • Buy tickets for our tombola • Take part in food-tasting
Have a health MOT • Sign up for a seated massage • Experience henna painting

Friday 28 January 2011
10.00am–3.30pm
East Ham Town Hall E6

For information call
020 8586 8853 or
020 8586 8858



The new name for
AGE Newham
Concern



Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

BEATING THE BULLIES

Shamima Begum, 17, from Manor Park, talks about
bullying, standing up for yourself and how everyone has a
right to be happy.

"Being bullied makes you feel isolated, alone and unhappy.
But there is always someone out there that is willing to help,
someone you can turn to; whether it's your parents, your
teacher, or an organisation like ChildLine.

**"If you're someone who's getting
bullied don't be afraid to speak up
and stand up to the bully, don't
let them win."**

"Everyone in the world is different and that's what makes us all
amazing, we all have imperfections and flaws but that's never a
reason to be horrible to someone. We live in a society where we
have freedom and food on our tables – we should be ecstatic. Yet
we often find ourselves miserable and lonesome because of a minority of inconsiderate people. Everyone knows the feeling of
depression and loneliness but just imagine feeling like that every single day. That's how someone who's being bullied is feeling.

"Nearly half of England's 12 to 15-year-olds have come across some form of bullying, so the next time you see
someone getting bullied, help them. If you were in their position you'd want them to do the same.
"Some seem to think it's not bullying to encourage a bully, but it is. Don't be a victim, all bullies are cowards and as
someone who has once been bullied I wish I had spoken up. Don't make the same mistakes I did.

"If you're someone who's getting bullied don't be afraid to speak up and stand up to the bully, don't let them win.
Everyone is incredible and beautiful and everyone has a right to be happy."



Newham has an anti bullying charter which encourages
staff, pupils and parents to help create a community where
bullying is not tolerated. If you're being bullied don't suffer
in silence. Talk to someone you trust or get help from
national organisations like Kidscape, www.kidscape.org.uk,
or ChildLine, www.childline.org.uk

Arriba! Community Weight Loss Challenge

Are You Serious About Losing Weight?
Join the 12 Week Challenge today!

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Come and see us at one of our Open Days:

Tuesday 11th January & Thursday 13th January, 2pm to 8pm

To make an appointment with the UCS team call:

020 8257 4583 or email ucs@newham.ac.uk

Drop in to see us in Room A001 at Newham College:

Stratford Campus, Welfare Road, E15 4HT

AT UCS WE HAVE FLEXIBLE OPTIONS
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START A DEGREE COURSE NOW
BEFORE FEES GO UP!

www.newham.ac.uk/ucs

WWW.UCAS.AC.UK (INST. CODE N31, INST. NAME
NEWHAM COLLEGE OF FURTHER EDUCATION)



A jumping dance night for people with learning difficulties

Kickin' Kangaroo Club is an exciting club night and dance programme especially for people with learning disabilities, run by East London Dance.

Come along on Wednesday 26 and Thursday 27 January to Stratford Circus, between 11am and 4pm for an advanced dance and choreography masterclass, just for people with learning difficulties. Participants will have the chance to showcase their work in an all singing, all dancing cabaret on Friday 28 January from 7-10pm – where the audience will be welcome to get up on stage and become part of the show too!

The masterclass costs £5 per day. Contact East London Dance on 020 8279 1050 to reserve your place.

For tickets to the cabaret, contact Stratford Circus on 0844 357 2625, visit www.stratford-circus.com or buy them on the door.



Kickin' Kangaroos on stage

New year, new yoga

Try a different type of yoga class this year, with Kundalini yoga classes on offer at Beckton and Hartley community centres. Kundalini is a very spiritual form of the exercise and is sometimes called the yoga of awareness.

Classes are subsidised or free and are held on:

- > Mondays, over 50s only, from 10-11.30am at Beckton Community Centre, E6. Classes are free, call 020 7511 1214 for more information.
- > Wednesdays from 9.30-11am at Hartley Community Centre, E6. Cost for entire ten week course is £30/£5 concessions, call 020 8472 0058 for more information.

You need to enrol by Friday 28 January.



Music to your ears – win a signed copy of Plan B album

In the last issue of the Newham Mag we featured an exclusive interview with Ben Drew, aka Plan B. We have two signed copies of his number one album, *The Defamation of Strickland Banks*, to giveaway. To be in with a chance of winning a copy answer the following question:

Where in Newham was Plan B raised?

Email your answer to newham.mag@newham.gov.uk or send your answers to Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU. Closing date for entries is Monday 7 February. To re-read the feature visit www.newham.gov.uk and follow the link on the homepage to issue 211.



Help change the life of a refugee or migrant

If you have been looking for a way to help people and boost your skills at the same time, why not give two hours a week to the WHEAT MST Refugee and Migrant Mentoring Programme.

The training programme runs from January to June 2011 and at the end of it you will have an accredited qualification. More than that, you can play a role in changing the life of one refugee or migrant to this country.

Training will take place every Saturday from 10am-12noon at Durning Hall Centre, Earlam Grove, E7. Travel expenses are covered.

If you are interested, waste no time in applying – there are limited places available. For further information, contact Hailu Hagos on 020 8555 5125, or 07951 106 173, or email wheatmst@yahoo.co.uk



Are you a carer? Do you look after a family member, relative or friend?

Newham Carers United is a regular forum for unpaid carers who live in Newham. It meets eight times a year to discuss the many issues important to carers.

The next forum meetings are on Tuesday 25 January, 10.30am-1pm, and Thursday 27 January, 5.30-8pm. Both meetings will be at Stratford Advice Arcade, 107/109 The Grove, Stratford E15.

The theme of both forums will be 'Right to Control', a new scheme being piloted in Newham, which lets disabled people make their own decisions about how money is spent on their support. Guests from the Newham Coalition will explain more about the scheme. Please note this forum is for unpaid carers and not for professional care workers.

For more information call 020 8519 7536 or email info@newhamcarers.org.uk

Looking After Me: a free course for unpaid carers in Newham

This course will help carers feel more confident and in control of their lives so they can manage their caring situation more effectively. You need to be able to attend all six sessions and booking is required.

The course starts on Wednesday 2 February 10am-12.30pm at St John's Church, The Broadway, Stratford, E15. For more information or to book a place freephone 0800 954 0650, or talk to Jane Bell on 020 7922 7872 or email jane.bell@eppcic.co.uk



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY

Winner



Afina Bajariunaite, 12



Soma Atif, 8



Unnati Raj, 12



Mah-noor Ali, 8

Win tickets to Stratford Circlets



Stratford Circlets

For great entertainment and a family day out, Stratford Circlets is the place to go with its successful fortnightly Saturday programme of theatre – catering for children, families and carers. Circlets provides affordable fun for ages 6 months to 11 years; visit www.stratford-circus.com for more information on all their upcoming children shows. The winner shown on this page wins a family ticket for four to see Malina's Dream at Stratford Circus on 12 February at either 11.30am or 2pm. **Get your entries in now to be in with the chance of winning a £10 Newham Bookshop voucher.** Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry - good luck!**

Colour-me-in Wordsearch



G A L L S F H R S H H A E W W
S N G S D A H Y T A A P E I G
S L I E L X O L T A E L N F D
T G E P A M T S R R H T I E C
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Boots
Clothing
Gloves
Hats
Laughter
Scarf
Sledging
Slopes
Snowman
Speed
Toboggans
Trees
Winter

Jokes

What is the end of everything?
The letter G.

by Victor Okutabo, 7

How did the farmer fix his jeans?
With a cabbage patch.

What's brown and sticky?
A stick!

What do you call a man with a shovel on his head?
Doug!

Anon

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

21 JAN – 4 FEB

TRY SOMETHING NEW... STORYTELLING SESSIONS

Feed your under-five's creative side at free storytelling sessions at all Newham libraries.

Have twice the fun with interactive storytelling and craft play at the themed, hour-long group sessions.

The weekly events begin with a story, brought to life with props and nursery rhymes, followed by a hands-on craft activity.

Mums, dads and carers are welcome to attend with a child aged under five-years-old.

For more information see the list on the right or ask at your local library; details on page 27.



ALL LIBRARY LISTINGS

See Library Contacts for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Canning Town Monday 10.30-11.30am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 2-3pm
Crafts Club
Manor Park Tuesday 10.30-11.30am
Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon
Imaginative Play
East Ham Friday 10.30-11.30am
Learning & Craft
Beckton Globe Tuesdays during school term 1.30-2.30pm

ADULT READING

Adult Reading Groups

The Gate Tuesday 1 February 6.30-7.30pm
Plaistow Thursday 3 February 6.45-7.45pm
Over 50s Reading Group
Beckton Globe Tuesday 1 February 9.45- 11.45am

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday 9.45-11.45am

Click-On – computer sessions for over 50s, contact the library to book a place

East Ham Friday 10am-12noon and 2-4pm

Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries

Green Street Tuesday, 10am-12noon

The Gate Thursday 10am-12noon

Manor Park Thursday 2-4pm

Knit & Natter – craft group for men and women of all ages and abilities

Beckton Globe Wednesday 10am-12noon

Canning Town

Friday 10am-12noon

Movie Time – *Schindler's List* – as part of Holocaust Memorial Day

Stratford Thursday 27 January 6-8pm (prompt start)

Movie Night – free showing the film *He's just not that into you* – romantic film

Stratford Thursday 3 February 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30-5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-5.30pm

Stratford Playerz – Free activities for seven to 14-year-olds. Play PS3, Xbox 360 and Wii consoles.

Stratford Thursday 27

January 4-6pm

Teenage Games Club

– PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday

3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

Family Reading Group – A chance for children aged five to 11 and their families to read and have fun together.

The Gate Saturday 29
January 2.30-4pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

– Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

– Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

– 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

– Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

– Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

– Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

– Under-15/16, boys

Tuesdays, 6-8pm, East Ham

Leisure Centre

Fridays, 6-8pm, St Angela's

School

– Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)

Five-a-side

– U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

– 11-18

Wed, 5-8pm

Priory Park MUGA, E6

– 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

– Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

– Mayor's Football League, U14,



Football

U18,

Thurs, 4-6pm

Memorial Park

– Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

– Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

– U14, 4-5.30pm

– 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

– 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

– U14, 4-5.30pm

– 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

– 11-18, 6-9pm

Priory Park MUGA, E6

Wed

– 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

– 11-18, 4-7pm

Priory Park MUGA, E6

Fri

– U14, 4-5.30pm

– Girls 11+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

– 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

Learning & Craft





Athletics

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk

Ascension Football Academy

For info call Louise on 07841 749 292.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham

Leisure Centre, E13

-11-16 girls, Tues,

4.30-6pm, Sarah Bonnell

School, E15

- Fri, 4.15-5.30pm 8-11 mixed

3.30-7.30pm, 12-16 mixed

Cumberland School, E13

For more information about

Newham All Star Sports

Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football,

competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles

Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

btinternet.com

Cricket

- Tapeball cricket league (free)

11-15, 16+, 6-9pm

Kingsford Astro Turf

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit www.newham.gov.uk

for information.

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn

Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High
Street, E13

Call Lianne Jameson on
020 8472 3614

- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls

Caxton Street North, E16
Call Martin Bowers on 020
7511 3799

- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder Atwal/Joe
Chapman 020 8519 5983

- Fight For Peace 11 years
+; boys and girls
(Phone for session details)

Woodman Street,
North Woolwich, E16

Call Marigold Ride
on 020 7474 0054

**Contact clubs before
visiting**

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open
to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

[@osmanitrust.org">healthyfutures](mailto:healthyfutures)

@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-

15yrs, Sat, 10am-12pm

Street dance for girls, all ages,
Sat, 12-1pm

Non-contact boxing, eight-
12yrs, Sat, 2-3pm

All sessions are free, for info
call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic
champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or

visit www.newhamswords.co.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peaty@newham.gov.uk
or call 020 8430 2000 for
more information.

Universal Warriors Kickboxing Club

**350 Katherine Road,
Forest Gate**

Mondays, U16 mixed,

6-7.30pm

Wednesdays, 16+ mixed,

7-8.30pm

Fridays, U16 and 16+ mixed,

6.30-8pm

Cost: U16s, £5; 16+, £7;

students with ID, £5

For more information call Don

on 07784 712 813.

Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm - 5.30pm



Newham Striders

(4-15)
 Thursday 7.30pm - 8.30pm
Fit2Fite (martial arts based aerobic session for all abilities)
 (16+)
 Friday 6-7pm (4-15) & 7-8pm (16+)
 Sunday 10-11am (4-16+)
 Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

Ramgarhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
 Little Ilford School
 Church Road
 Manor Park

Juniors

Fridays, 6-7.30pm
 Adults (Beginners/Intermediate)
 Fridays 7.30-9.30pm
 Langdon School
 Sussex Road
 East Ham

For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s 8-9pm

Matches in Essex Met League/Three Swords League on Saturdays

Lister Community School, St Mary's Road, Plaistow

All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club@hotmail.com

Run in England - all £2

For more details email oimafidon@runinengland.co.uk or call 0797 926 1647

Monday, 4-5.30pm, Newham Leisure Centre E13, meet on the track

Tuesday, 6-7pm, Newham Leisure Centre E13, meet on the track

Wednesdays:

12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception
 5.30-6.30pm, Newham Leisure Centre E13, meet on the track

Saturdays, all 10-11.30am: Central Park E6, meet at the café,

Wanstead Flats, meet at Harrow Rd Changing Pavilion
 West Ham Park E15, meet at southgate entrance off Portway

Sunday, 10am-12 noon, Newham Leisure Centre E13, meet on the track

Women United FC (16+)

Mondays (Term time only)

6.00-7.15 Kingsford School, Kingsford Way
 Call Shona Pollock on 07968 665849

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.
 Wednesday evenings, 7-9pm
 The Hartley Centre, 267 Barking Road, East Ham, E6
 Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
 Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Swimming

Newham Otters Swimming Club for disabled adults and children, Sat, Newham Leisure Centre E13, 4.45-5.45pm

For more information call 020 8552 3195

£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm

For details call Zeenat on 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, free.

ARTS LISTINGS

Stratford Circus

Parent/carer and Baby Creative Dance

Fridays 10-10.45 at Stratford Circus. 14Jan-25 March (no class 25 Feb). £6 drop in. These classes are for babies 3 months to crawling.

Classes provide babies with a movement, sensory, rhythmical experience in a playful environment supported by their parent or carer.

Poetry in Motion, Stratford Circus Creative Club with CBBC star Paul Lyalls

Saturday 15 Jan-26 March (no class 26 Feb). 2-4 year olds 9.30-10.30am, 5-8 year olds 10.30-11.30am. £50 for the term. Join Paul and the Stratford Circus team for our Poetry in Motion creative workshops where children will have fun with lively lyrics, explore rhyming and rapping and make new friends.

Little Red Robin Hood

Sat 22nd Jan, 3pm, Stratford Circus. For ages 4 plus
 Tickets: £6

Two classic tales are interwoven in a fast and funny family show. Garlic Theatre entertains audiences with generous helpings of slapstick, clowning and musical delights.

To book any of these call 0844 357 2625 or go to www.stratford-circus.com

OTHER EVENTS

Free concert

Transmitted live via satellite
 Thursday 13 January, 6.45pm
 The Food of Love invite you to a free concert of their most loved musical scores at St. Paul's Church, Burges Rd, E6, on Friday 4 February at 7pm.

Local soprano Sovra Newman, who has brought music to the masses with choir The Well's Belles & Beaux will be joined by vocal heavy-weights for this one-off concert where all are welcome.

For more information visit www.thefoodoflove.org.uk

Free community event

Boost E7, Saturday 19 February, 12.30-4.30pm, Forest Gate Community

School, Forest Street, E7.
Healthy eating, tips on getting fit and employment advice.
Five-a-side football tournament from 1-4pm
Call 0800 519 4015 or email community.forums@newham.gov.uk for more information

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Monday 24 January

Newham Partnership - Crime and Disorder Reduction Partnership, 10am

Tuesday 25 January

Licensing (2003 Act) Sub-Committee, 10am and 11.45am
Local Involvement Network (LINK) Scrutiny Commission, 2pm
Overview and Scrutiny Committee, 7pm

Thursday 27 January

Newham Partnership Board, 3.30pm

Cabinet, 5pm
Mayoral Proceedings, 5.15pm

Monday 31 January

Standards Committee, 6.30pm
Local Development Committee, 7pm, Council Chamber, Old Town Hall, Stratford, E15

Tuesday 1 February

Regeneration and Employment Scrutiny Commission, 7pm
Health and Social Care Scrutiny Commission, 7pm

Wednesday 2 February

Local Involvement Network (LINK) Scrutiny Commission, 2pm

Thursday 3 February

Cabinet, 5pm
Mayoral Proceedings, 5.15pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available at www.newham.gov.uk
The Forward Plan, also

available on the Newham website, sets out all key decisions to be taken over the next four month period. The January Edition of the Forward Plan was published on 17 December.

MEET THE MAYOR

Mayor's Surgeries

Saturday 22 January, 9-10am
Manor Park Local Service Centre, 685-689 Romford Road, E12

Thursday 3 February, 12noon-1pm
Stratford Local Service Centre, 112-118 The Grove, E15

Following the government's spending review, Sir Robin will be holding the following Newham Together sessions to discuss what services matter to you:

Saturday 22 January, 11am-12noon, Lister Room, Newham Town Hall, Barking

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Dockside, 1000 Dockside Road, London E16 2QU or email mayor@newham.gov.uk

To meet the Mayor, please see surgery times in the What's On listings opposite

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

WINTER WANDERS

WALKING TOWARDS THE GAMES, SATURDAY 29 JANUARY

Walk London invite you to put your best foot forward and join them on a historic walk through the borough.

Trot through Beckton's parks and the Greenway and over to Three Mills in the Lower Lea Valley.

The free walk starts at 11am on Saturday 29 January at Woolwich Arsenal Station, SE18 6EU, but Newham residents can join the pack outside the Woolwich Foot Tunnel (North Woolwich) at 11.40am, prompt. The total walk is 5.8 miles and is estimated to take three hours; walkers are advised to bring a packed lunch.

For details of all London walks visit www.walklondon.org.uk



Road, E6

Monday 24 January:

9-10am, Forest Gate Youth Zone, 1 Woodford Road, E7
1-2pm, Canning Town Library, Barking Road, E16
4-5pm, Globe Library, 1 Kingsford Way, E6
7-8pm, Britannia Village Hall, 65 Evelyn Road, E16
Monday 31 January, 6.30-7.30pm, Council Chamber, Old Town Hall, Broadway, E15.

Say YES to Newham YES.

The Scheme

The council's Youth Employment Scheme provides an excellent opportunity to develop your skills and obtain a greater chance of gaining permanent employment with Newham Council.

What WE want

Newham Council is looking for young people aged 16 to 18 on or before 25 March 2011, who live in Newham to join our Youth Employment Scheme starting in March. You do not need special skills, work experience or qualifications. But you do need to be ready and willing to:

- learn and develop your skills
- work to your full potential
- be a good team member
- deliver the best possible service to the people and communities of Newham.

What we offer YOU

Newham YES offers trainees:

- a two year training contract
- a generous training allowance (£180 per week)
- a work-based qualification, leading to an apprenticeship
- a chance to add to and develop your skills
- invaluable work experience at Newham Council.

The Opportunities

We will offer up to twelve placements in departments across the council, working towards a variety of qualifications but mainly in NVQ Level 2 Business Administration.

Disabled Applicants

We positively welcome applications from disabled people who are under-represented in all areas of the council. Support in completing applications, for disabled applicants, can be obtained from First Line Supported Employment Agency on 020 3373 3449. Please ask for Malcolm Finn. Please note that Newham Council operates a guaranteed interview scheme for all disabled applicants who meet the minimum interview criteria.

The Next Step

To apply:

- go online to www.newham.gov.uk/yes
- contact our Recruitment Team on **020 8430 2190** (24 hr answerphone)
- or email: recruitment@newham.gov.uk

For an informal discussion about the scheme please call Bena or Ray on **020 3373 8730**. Closing date for applications: 28 January 2011.

Initial Assessments: w/c 7 February 2011.

Second Assessments:

w/c 15 February 2011.

Interviews: w/c 1 March 2011.

Please quote ref: **RS48687T**

To help you find out more about the scheme, we have arranged two support sessions:

YES Support Sessions:

Friday 14 January 2011

Time: 1-2.30pm or 2.30-4pm

Friday 21 January 2011

Time: 1-2.30pm or 2.30-4pm

If you wish to attend the briefing sessions please call 020 3373 1010 to reserve a place.

Please note: we will be responding to you via email throughout the recruitment process, so please check your emails regularly.

Regulation 29 of the Employment Equality (Age) Regulations 2006 permits positive action in circumstances (such as this scheme), as this age range is currently under-represented in the workforce.



Newham Health Fair

SATURDAY 5 FEBRUARY 2011, 11AM- 4PM, STRATFORD TOWN HALL

NHS Newham invites you to the Newham Health Fair! Get your free health MOT – fun activities, health tips and expert advice:

- Exercise tips and information about your local leisure facilities and activities
- Free adult virtual cycling and find out about local cycle training
- Get active with a taster session on Nordic Walking
- Tell us what you think about your local health services.

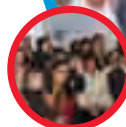
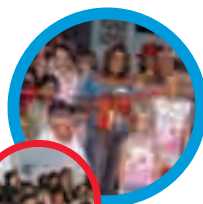
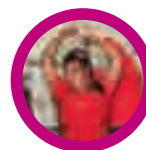
For more information **tel:** 020 7059 6789

email: Sabeena.Subba@newhampct.nhs.uk

Don't forget to do your Newham Health Debate survey online:

www.newham.nhs.uk/newhamhealthdebate

FREE
Healthy Food
Tasters and
Head Massage



**GET INVOLVED, GET ADVICE, GET CHECKED, DROP IN TO...
NEWHAM HEALTH FAIR and FREE HEALTH MOTs**